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Neck Care

Richard S. Koch

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DR. RICHARD S. KOCH
Osteopathic Physician And Surgeon
Board Certified Specialist In:
Family Medicine
Prolotherapy
Physical Medicine, Spinal Manipulation
And Rehabilitation

NECK CARE

1. Avoid "testing" neck and shoulders by turning and twisting, etc.; avoid excessive usage of neck and shoulders and avoid sudden and straining movements to those areas, for next 24 hours. "Let spine alone," so to speak, after treatment. There is tenderness enough for the muscle tension to tend to re-occur pulling the spine uncomfortably again back along the lines of least resistance increasing pain.
2. Avoid chills, drafts, cold and wet, as much as is practicable (when walking, sleeping, driving, etc.) Sleeping with windows closed, neck will be better.
3. On arising in the morning you may experience some new stiffness and soreness from the corrective stretching of muscles and ligaments during treatment. Some original stiffness and soreness will likely still be in the muscles. Heat, ointments, liniments, etc., and gentle soft massage when you get home will help minimize this and help remove muscle and ligament soreness.
4. Heating pads, heat lamps, and hot water bottles are beneficial but do not leave heat on longer than one hour at a time as it causes congestion and more stiffness.
5. Don't hesitate to take one or two aspirin or Tylenol for added comfort if desired.
6. Call doctor's office if you do not feel you are getting progressively better as fast as you believe you should. Further office treatment can be administered.

3000 Limited Lane N.W., Suite 150
Olympia, Washington 98502
(360)352-7616